New England Deaconess Hospital
Boston, Massachusetts

pulse

VOLUME 32 – NUMBER 1 OCTOBER 1978

It's a victory for Deaconess runners

In the days of ancient Greece, the city states communicated with each other and their armies by messengers chosen for their running abilities. The hospital likewise uses messengers to communicate between its various departments, and although speed is no longer a prerequisite, the tradition of the fleet-footed messenger still lives at the Deaconess.

Jerome Burke, a messenger here for the summer, won the First Annual Deaconess Challenge Cup Race held September 10 in Franklin Park. He completed the 7.8-mile course in 40:11 minutes.

The event, sponsored by the Deaconess Runners Club and Dannon Yogurt, was open to any employee of a Boston Hospital. There were 124 entrants from 20 hospitals.

In second position was Kevin Maguire, Deaconess, at 40:12; Dr. Kent Smith, University Hospital, came in third with a time of 40:13. Sally Oldenberg, Beth Israel, led the women's division completing the course in 54:17. Jill Downing, Peter Bent Brigham, was the second woman to finish; Joni Youngworth, Deaconess, was third. The 40 and over category was led by David Levin of Peter Bent Brigham with a time of 47:10.

Plaques were presented to those who placed in the three categories at a noisy ceremony following the race. The Deaconess team, which accumulated most points, received a handsome silver bowl that will be on display soon in the Farr lobby.

Dr. Alden Cockburn, who, together with Dr. Jerry Yukevich and Dr. Terry Smith, was responsible for organizing the event, called the day's activities "a huge success."

Indeed, it was a perfect afternoon to run. Cool temperatures, overcast skies and just a hint of rain made it impossible to blame the weather for poor performance. The course, which included

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Jerome Burke winning the First Annual Deaconess Challenge Cup Race. He completed the 7.8-mile course in 40:11 minutes.

Major fringe benefit

Over 50 employees a day visit NEDH Health Center

It's 2:30 in the afternoon and Dr. Benjamin W. White, new director of the Employee Health Center, hasn't yet taken time out for lunch. Since becoming director of the clinic on August 16, Dr. White has handled a heavy employee case load with complaints ranging from throat infections and pneumonia to flu syndrome or acute indigestion traceable to a hastily eaten submarine sandwich.

Three of the 50-60 employees visiting the center today wait in the examining rooms, while six more flick through waiting room copies of *Newsweek* or *Better Homes and Gardens,* hoping that Mrs. Selma Beshansky, secretary, will call their name next. Dr. White's manner does not betray his heavy work load. He listens attentively to each patient, then reassuringly removes the mystery behind the symptoms with a diagnosis.

In addition to heading up the clinic, Dr. White also maintains a private practice at the Lowry Medical Office Building. Formerly a resident in medicine at the Deaconess, he was a fellow in pulmonary medicine here and at Lahey Clinic. The new director attended Columbia University College of Physicians and Surgeons after graduating from Harvard College with a degree in classics. He completed his first two years of medical residency at Roosevelt Hospital in New York City. Originally from Smithtown, Long Island, Dr. White has spent time in Chinle, Arizona, as a physician for the Indian Health Service where his wife, Madeleine, worked as a junior high school teacher.

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DEACONESS TO PLUG INTO NEW SOCKET

During the past few weeks, construction crews have been at work laying electrical conduits under Francis Street and Pilgrim Road. The conduits lead from the partially completed power plant on the corner of Brookline Avenue and Francis Street to the electrical distribution centers in the Baker, Farr, Deaconess and Joslin Buildings. The new power plant, to be operated by MASCO, is designed to supply steam, chilled water and electricity to 12 patient care, teaching and research institutions in the area.

Robert D. Pence named to board of tumor registrars

Accredited by the American College of Surgeons in 1976, the Tumor Registry at CRI has moved a step closer to national prominence with the appointment of Assistant Director Robert D. Pence to the board of the Tumor Registrars Association of New England and as advisor to the National Tumor Registrars Association. In his advisory capacity, Mr. Pence will help the national association in trying to locate a permanent home office. He will also help to establish qualification guidelines for tumor registrars.

"With the complexities of today's tumor registries and the increasing demand for statistical information on cancer patients by medical staff and research investigators, tumor registry personnel are being called on for much greater expertise than in the past," Mr. Pence said. The Deaconess registry is no exception in this regard.

Located in the basement of CRI, the registry had been collecting data for a number of years. "However, our follow-up procedures were inadequate," Mr. Pence explained, "and our accreditation lapsed in 1972. So we went to work and established one of the first computerized tumor registries in the country." It was duly accredited in 1976.

To ensure the effective operation of the upgraded system, the hospital hired an experienced tumor registry supervisor, Sadie Hayden, later replaced by the present registrar Marion Sciarappa. Her job is to keep track of some 16,000 patients and process approximately 2,000 new cases and re-entries every year.

"We code 45 pieces of information on every patient," Mrs. Sciarappa said. "The data is abstracted from the medical record and key punched for computer storage."

The information includes such details as the site of the tumor, its stage of development, its histological type, methods of treatment and a complete demographic profile of the patient.

According to Dr. W. Eugene Knox, medical director of the registry, the purpose of documenting all this information, and continually updating it with regular follow-up questionnaires to patients and their physicians, is to ensure the continuing supervision of each patient and to provide a data base for future epidemiological studies and research projects.

The data is keypunched at the hospital's data processing facility and fed into a computer at the Harvard School of Public Health. For accreditation purposes, data generated at the Deaconess must be kept separately from data gathered at other institutions.

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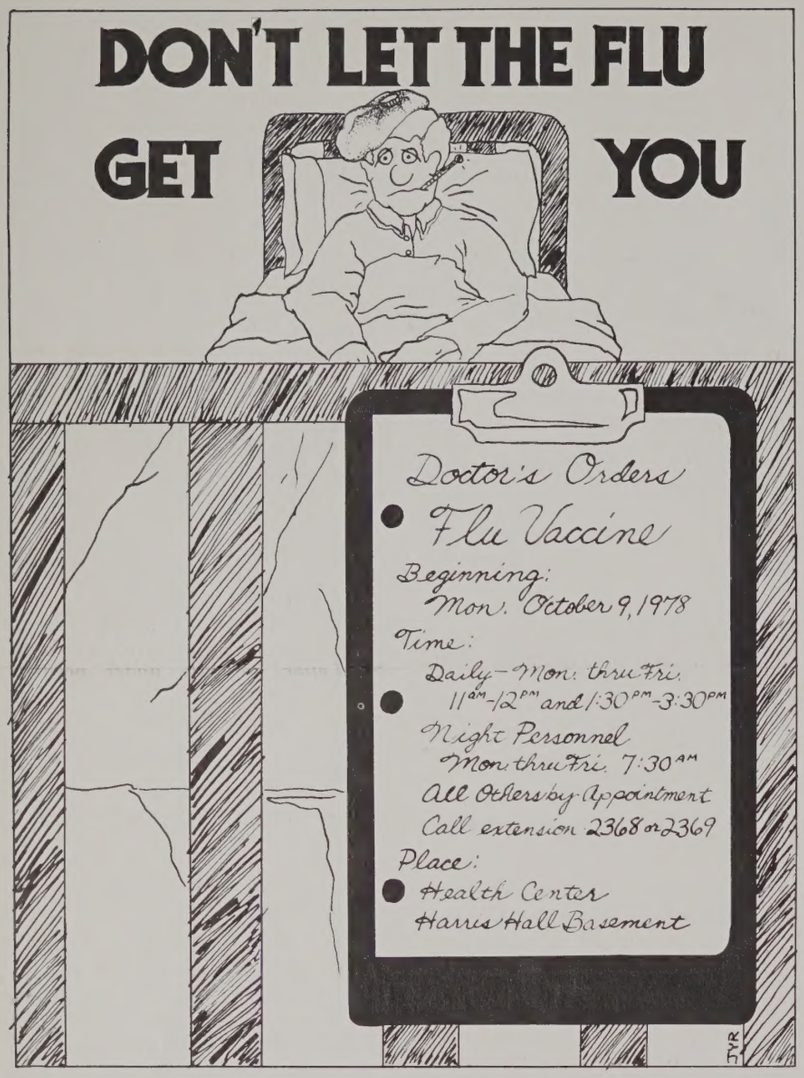
Marion Sciarappa



Health Center recommends Flu shots for all employees

The Flu Shot Program for 1978/9 will begin soon. Dr. Benjamin White, director of the Health Center, strongly encourages participation by employees for the following reasons:

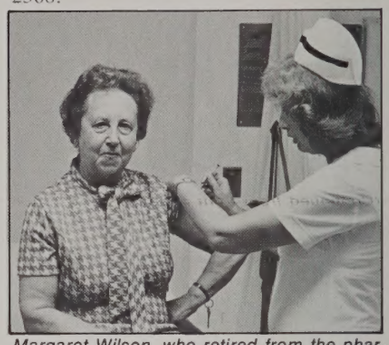
*Employees are at a high risk of exposure to the flu, and protection is particularly important. Annual vaccination is highly recommended for individuals at "increased risk" from underlying heart, lung or kidney disease, diabetes, anemia or immune-suppressed individuals. It is also recommended for those over 65 years old.

*Many of our patients are at "increased risk" because of the medical conditions listed above. It is important to protect them from any contagious employee while they are here at the Deaconess. The more employees who receive flu shots, the smaller this risk will be.

*When large numbers of employees come down with the flu, hospital services and the quality of patient care suffer. We want the Deaconess to be operating effectively during the winter months.

This year's flu vaccine will help protect against three varieties of flu – Russian Flu, Hong Kong Flu and Texas Flu. Those under 26 need more protection against the Russian Flu and will receive two shots with a special vaccine.

Side effects are minimal but should be discussed with Health Center personnel. Flu shots are not recommended for those with various allergies or certain medical conditions. For further information, call the Health Center at 2368.



Margaret Wilson, who retired from the pharmacy ten years ago, receives flu shot from Health Center nurse, Anne Pariselli.

Deaconess runners . . .

The starting line-up

(Continued from front page)

pavement, grass and a torturous rocky slope, was likewise in excellent condition.

Making the day especially memorable was the festive atmosphere. Multi-colored balloons floated above the finish line while cold beer and soda awaited those who crossed it. One competitor succinctly summed up the scene: "It's good to experience this spirit of friendly competition rather than the cut-throat variety."

The race would not have been possible without the enthusiastic assistance of those who helped officiate. Pam Locarno, assistant manager of service coordination, organized the registration process, then switched to computer mode and tallied up times and places to determine the position of each of the 20 hospital teams. Pam was assisted by Sue Hershkowitz, service coordiation, and Tom Cavanaugh, labs. Specially made T-shirts were sold by Sandy Feigenbaum, while Cindy Crosby and Joyce Blair, all from service coordination, ran the much-appreciated refreshment stand.

Relaxing after the race are, (l.-r.) Dr. Kent Smith, University Hospital; Joni Youngworth, Deaconess; and Dr. Alden Cockburn, one of the principal organizers of the event.

Tumor Registry . . .

(Continued from front page)

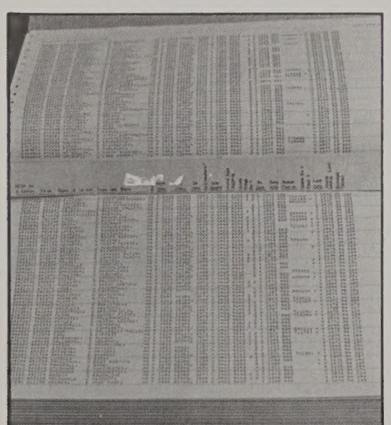
"We can cross reference the information to produce a variety of statistical details. We could find out, for instance, how many patients from Worcester between the ages of 50 and 60, male or female, had cancer in 1974, including type and specific location of that cancer." Mr. Pence emphasized that the statistics he is referring to would be based only on information gathered from Deaconess patients. There is no centralized national tumor registry as yet, but researchers have ready access to the stored information from registries across the country.

Keeping track of patients, and the status of their disease, is one of the toughest challenges faced by Mrs. Sciarappa and her 3 assistants.

Robert D. Pence

"The follow-up details are vital if the information is to be meaningful," Mrs. Sciarappa says. "If we get someone who is not responding to our follow-up letters, or if the doctor doesn't know where the patient is, we will contact the town clerk, write to relatives and search through phone books. There's a lot of detective work involved."

The tenacity pays off, and Mrs. Sciarappa is able to maintain a better than 90 percent follow-up rate either directly from the patient or through the patient's physician.



A computer readout lists 23 separate pieces of information useful to researchers and physicians.

Health Center personnel are (l.-r.) Karen Bithell, RN, supervisor of the center; Anne Pariselli, RN, staff nurse; Dr. Benjamin W. White, director of the center; Selma Beshansky, secretary; and Diane Brown, student health nurse.

Health Center . . .

(Continued from front page)

Initially attracted to the Deaconess because of its reputation for individualized patient care, Dr. White now finds himself impressed with the variety of backgrounds and languages he confronts daily among NEDH employees. "I wish I were a better linguist," he says.

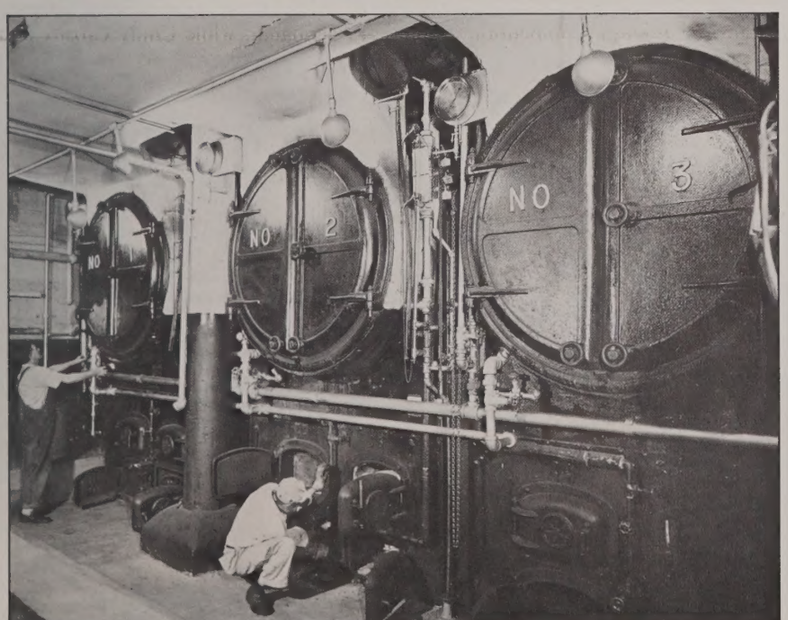
Dr. and Mrs. White are currently renovating an 80-year-old farmhouse in Bedford which they are furnishing with antiques. In addition to being a busy wife and mother of two children, Toby, 4, and Genevieve, 1, Mrs. White finds time to paint still lifes and raise chickens.

Dr. White's role as director of the Health Center is made considerably easier by the seasoned assistance of three NEDH veterans – Karen Bithell, RN, supervisor of the center; Anne Pariselli, RN, staff nurse; and Selma Beshansky, secretary. The nursing duties consist of screening sick calls, assisting the doctor, giving first aid treatments, interviewing for pre-employment physicals, and doing statistical recording. In addition, Mrs. Bithell and Mrs. Pariselli run the allergy injection program, the yearly chest x-ray program and do tuberculin testing. The staff also ensures that the dialysis nurses have a monthly blood test and gamma globulin injections every six months.

Additional work for the staff includes recording all hospital accident statistics, following up on patients with chronic conditions like hypertension or obesity, and tracking down employees exposed to contagious diseases.

The Health Center, a major fringe benefit for current employees, also runs an outreach program, coordinated by Margaret McLean, RN, who checks on pensioners and retirees' basic health care regimens. The student division of the center, staffed by Dr. C. Burns Roehrig and Diane Brown, RN, provides health care for school of nursing students.

Equipped with three examining rooms, one conference room, one doctor's office, one bedroom, and one workroom, the center has occupied its present facilities in the Harris Hall basement since March 11, 1977. The center is a division of personnel services, headed by Robert F. Giroux.



FROM THE DEACONESS ARCHIVES: *The boiler room, once located in the sub-basement of the Deaconess building, was torn down in 1956 when the hospital started purchasing steam from the Harvard power plant. Pictured are John Bonner (left) and Henry Flynn, Deaconess boiler tenders. This photo was taken in 1947.*

Deaconess News in Brief

Dr. Tarsy Testifies

Dr. Daniel Tarsy, NEDH, neurology, was called as an expert witness in a patients' rights trial September 7. He was asked by the judge to examine one of seven patients seeking $1.2 million in damages from thirteen Boston State Hospital psychiatrists and one psychologist. He is to determine whether the patient had developed tardive dyskinesia – a disorder that develops in some mental patients who have been treated with heavy and prolonged doses of antipsychotic drugs. The case is regarded as a potentially precedent-setting test of whether hospitalized mental patients have a right to refuse treatment.

A Deaconess First

The division of Psychiatric Mental Health Nursing Practice of the American Nurses Association has certified Carol Garant, RN, as a clinical specialist in psychiatric and mental health nursing practice. She is the first Deaconess nurse to receive such certification, joining the ranks of only 90 nationwide.

Garage To Open Soon

The lower levels of the Pilgrim Road Garage are slated to be open to employees, patients and visitors by mid-October while the other floors will be phased in as they are completed. The hospital's Certificate-of-Need application for the almost $2-million facility was approved with the stipulation that it be financially self-sustaining. Because of this, higher rates are presently being formulated to cover the increased operating costs of the garage. This new addition gives the hospital a net gain of 244 spaces, but unfortunately even with this expansion, demand for parking will be more than can be met.

Nurse Epidemiologist Appointed

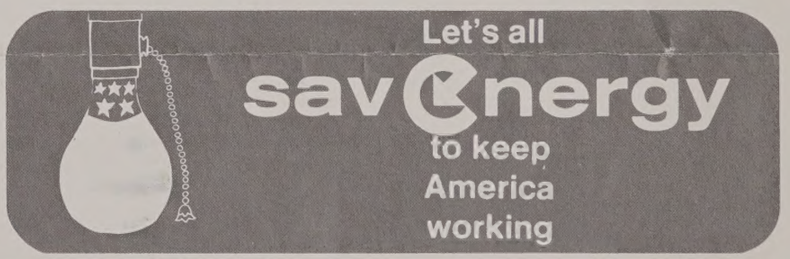
Julie Ann White, RN, began duties August 1 as the hospital's nurse epidemiologist. She works with Dr. Frank Polk monitoring hospital-acquired infections, developing isolation procedures and other hospital infection-control policies including employee orientation and ongoing staff education. She graduated from Springfield's Classical High School in 1969 and received her diploma from the Deaconess Hospital School of Nursing in 1972. Presently a Captain in the Army Reserve, she served in the Army Nurse Corps until 1977.

Booking Office Star

Six days after they were married, Noreen Hurley Storace and her husband, Frank, began acting in a television movie production of *The Scarlet Letter* presently under production in Rhode Island. Noreen plays a pioneer woman while husband Frank marches with the militia. Both have appeared professionally in a number of plays at the Chanticleer Dinner Theatre and Actors Workshop Repertoire Co. 'On call' for *The Scarlet Letter* through August 15, they were interviewed on the set by Joe Day for a Channel 5 news spot.

Smoking Survey Planned

A survey designed to assess the smoking attitudes and habits of Deaconess employees is scheduled for the last week in October. A table will be set up in the cafeteria where survey sheets, one for smokers and one for non-smokers, can be filled out. The survey is being conducted by the hospital's Smoking Policy Committee under the chairmanship of Dr. Joseph L. Andrews, chief, NEDH pulmonary section and Lahey Clinic. It represents a continuing commitment by the Deaconess to the fight against preventable disease. Survey results will be compared to those compiled a year ago.



This is the fifth in a continuing series of PULSE articles designed to alert the reader to the benefits of energy conservation in the home. Money, as well as valuable fuel resources, are easy to save when you know how.

These articles are being produced in cooperation with the hospital's Cost Containment Committee in the belief that when people see just how much money they are able to save on their own bills, this heightened energy consciousness will spill over into the work environment.

Home insulation is this month's topic. The source is "Tips for Energy Savers," a Federal Energy Administration publication.

About 40 million single-family homes in the United States are not adequately protected from outside weather. No matter how you heat or cool your home, you can reduce the load on your heating and cooling equipment by as much as 20 to 30 percent by investing a few hundred dollars in insulation. That's about as much as it would cost you to buy a color television set. But the benefits of insulation – lower utility costs – continue for years.

*Find out if your home needs insulation. Your needs will depend on the climate in which you live and the amount of insulation, if any, you already have. For guidance, consult

(Continued on back page)

Alpha Credit Union offers employees unique services

We all try to save a little money, and we all know how hard that is to do. But the Alpha Credit Union would like to show you an easy way. And what about borrowing? Is one lender better than another? What's the easiest way to repay? Alpha has the answer to these questions too.

"The trick to saving is to determine the amount that can be deducted from your paycheck without too much hardship, without your missing it," says Bob Desmond, Alpha Credit Union Manager. "Alpha's automatic payroll deduction plan makes it so easy. The amount you decide on, whether it's one dollar or one hundred dollars, is deducted from your paycheck each week. You don't have to do a thing but watch it grow."

"Additional deposits can be made at any time, so when that tax refund comes in, or that check from Uncle Charlie, just deposit it at the Alpha office in the Baker basement," Mr. Desmond says, adding that employees' families can also take advantage of Alpha's saving services.

"A hospital employee can open a joint savings account with any member of his family and that person can then make deposits at the credit union either in person or by mail."

In addition to the Deaconess, employees of the Joslin Clinic Foundation, Roxbury Dental and Medical Group and Anesthesia Associates comprise the Alpha Credit Union membership.

Like any savings institution, the Alpha Credit Union also makes personal loans as well as auto, home improvement and other special purpose loans. Rates are competitive with other lending institutions, but convenience and automatic payroll deduction are big advantages for Deaconess employees.

"Whatever type of loan you need, Alpha can arrange for weekly payments to be automatically deducted from your paycheck so that there are no trips to the bank and no overdrawn checking accounts. Before you know it, the loan is repaid and you've established a good credit record," says Joan Stevenson, assistant manager of the credit union.

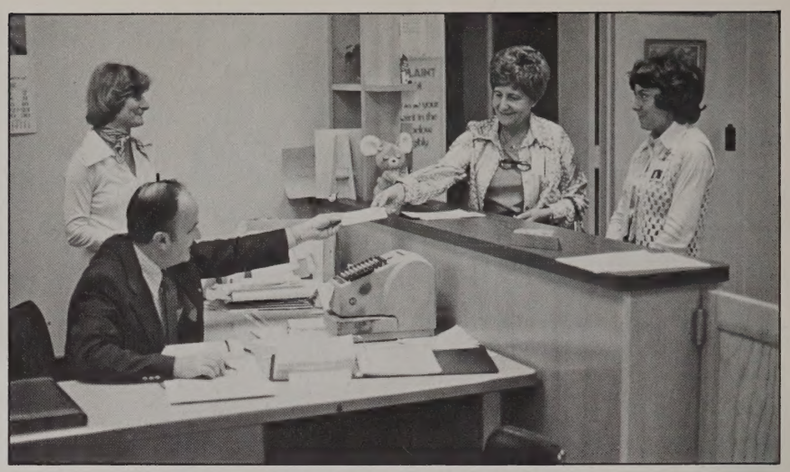
An added benefit of credit union membership is that all members are entitled to a Brands Mart Card. This card is required before one can take advantage of the low prices on brand name appliances at the Cambridge discount house. In addition, all Alpha members are eligible for a special discount on the purchase of any used automobile from the Hertz Corporation when financed through Alpha.

The Alpha Credit Union is completely operated by employees of the four participating organizations. The four officers are elected by a board of 15 directors who, in turn, are elected for three-year terms by the credit union membership.

Elections are held at the November annual meeting. President of the Alpha Credit Union this year is Bill Wambolt, administration. Midge Pond, administration, is vice president: Stan Paxton, accounting, is the treasurer and Natalie Fossati, Sheilds Warren Radiation Laboratory, is clerk. If a vacancy occurs on the board during the year, the directors have the authority to fill the position which must then be ratified at the next board meeting.

The Alpha Credit Union's accounts are serviced by the State Street Bank of Boston.

The Alpha's friendly and knowledgeable staff is there to help you anytime Monday through Friday between 10:00 a.m. and 4:00 p.m. and on Wednesdays between 3:00 p.m. and 5:00 p.m.



Credit Union Manager Bob Desmond and Joan Stevenson, assistant manager, help Lillian Marcotta and Pat Wilcox, both from patient service.

Arthur M. Buttrick *retired August 29 after 26½ years in the dietary department. Above, Associate Director Peter Campisano gives Mr. Buttrick one of the many gift that he received from his friends and co-workers at a retirement party held in the Harris Hall living room. Mr. Buttrick has also had an illustrious career as a singer, entertaining troops during World War II and doing several night club spots. He plans to continue singing at veterans hospitals and nursing homes. In addition, the Buttricks raise Afghan dogs which have won ribbons in five shows.*

Energy . . .

(Continued from page 3)

with a reputable insulation dealer in your community or with your local building inspector or county agent.

*Find out about R-values before you buy your insulation materials. Then buy the thickness of insulation that will give you the R-value you should have. R-values or numbers are insulation efficiency ratings. The "R" stands for resistance to winter heat loss or summer heat gain. The higher the R-number, the more effective the insulating capability. The numbers should appear on packages of all insulation materials: mineral, glass fiber, or rock wool batts or blankets; foam or loose fill materials that are poured or blown into insulation spaces; or rigid board insulation.

If the insulation you buy doesn't have the R-value written on the package, ask the salesperson to write the R-value on your receipt for future references.

Sources for R-value information include: Federal Energy Administration; National Bureau of Standards, U.S. Department of Commerce; American Society of Heating, Refrigeration and Air Conditioning Engineers (ASHRAE); and insulation manufacturers.

*If attic insulation were added to the 15 million single-family homes that need it, we'd save about 8 percent in your heating oil each winter day.

*Consider insulating exterior walls. This is an expensive measure that requires the services of a contractor, but it is worth the cost in Massachusetts. There should be enough space in the walls to accommodate blown-in insulation that is at least R-11 to R-13.

Costs range from 60 cents to 90 cents per square foot. Savings could amount to 16 to 20 percent of utility costs.

*Insulate floors over unheated spaces such as crawl spaces and garages.

Costs could range from $200 to $400. Savings could amount to about 8 percent on your heating and cooling costs.

New England Deaconess Hospital
185 Pilgrim Road
Boston, Massachusetts 02215

pulse

The New England Deaconess Hospital is a 489-bed and 14-building complex. Physicians from the Joslin Clinic, the Lahey Clinic, Overholt Thoracic Clinic and the general medical and surgical staffs serve the needs of their patients at the hospital. The Deaconess is internationally known for diagnosis, treatment and research in brain and chest surgery, cancer, diabetes and general medicine, and is affiliated with Harvard Medical School.

PULSE is published monthly by the public relations department of the New England Deaconess Hospital.

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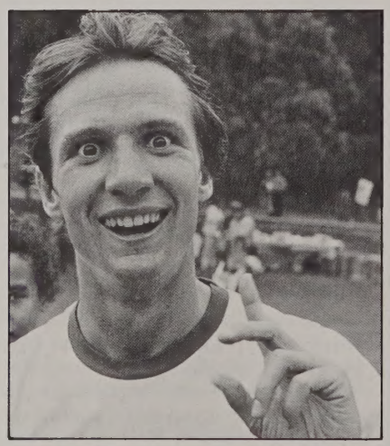

"I won!" Deaconess messenger Jerome Burke after winning the First Annual Deaconess Challenge Cup Race. See Front Page.

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